



Springfield-Greene County  
Health Department  
*Helping people live longer, healthier, happier lives*

**\*\*\*FOR IMMEDIATE RELEASE 7-21-05\*\*\***

***From the Office of the Director of Health***

### **Hot Weather Health Advisory Upgraded to Warning**

After consulting with the National Weather Service, the Springfield-Greene County Health Department has upgraded its Hot Weather Health Advisory to a **Hot Weather Health Warning**.

With the heat index predicted to climb in excess of 105°F over the weekend, individuals must take steps to protect themselves, the elderly and pets from the heat.

Individuals are encouraged to stay in air-conditioned facilities and drink plenty of water this weekend. Elderly residents should make sure their air conditioners are set to no warmer than 78°F. Pets should be given plenty of cold, clean water and a cool place to rest.

Heat stroke occurs when the body's core temperature reaches 104°F and can be deadly. Since late June 17 Greene County residents have been treated for heat-related illness.

**For more information, contact:**

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